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Lower risk of all-cause mortality among people who ate more natto and miso – but no link with overall soy intake. ... Fermented soy in diet linked to lower mortality risk ... as part of detailed food frequency, lifestyle and health survey questionnaires completed five years apart. The study authors found that in both sexes, total soy product ...

Four lifestyle factors and all-cause mortality

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The Mediterranean diet, lifestyle, and mortality

To assess the association of diet and the

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lifestyle factors with mortality, a low-risk group was defined for diet and lifestyle factors. For dietary intake, the low-risk group was defined as those who had a score of at least 4 on a modified version of the Mediterranean diet score proposed by Trichopoulou et al. 4.

Diet, Life-Style and Mortality in China - PubMed Central (PMC)

A Mediterranean style diet, a high level of physical activity, non-smoking and moderate alcohol consumption were all associated with a low 10-year risk of all-cause mortality in the European HALE project. A very low all-cause mortality risk was observed in elderly men who had four healthful diet and lifestyle factors compared to one or none.

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To review and summarize evidence on the role of diet and lifestyle factors and prostate cancer progression, with a specific focus on habits after diagnosis

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and the risk of subsequent disease recurrence, progression, or death. Given the well-documented heterogeneity of prostate cancer and the long survivorship of the majority of diagnoses, our goal was to summarize and describe modifiable risk ...

Combined impact of lifestyle factors on mortality ...

Vegetarian Diets Linked to Lower Mortality. ... Adventists tend to have similar lifestyle habits. For instance, they typically don't smoke or consume alcohol. However, they have a range of dietary patterns, making them an ideal group for teasing out the links between diet and the causes of death and disease. ... The researchers also found ...

Diet, life-style, and mortality in China : a study of the ...

Objective To evaluate the impact of combinations of lifestyle factors on mortality in middle aged women. Design Prospective cohort study. Setting

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The Characteristics Of 65 Nurses' health study, United States. Participants 77 782 women aged 34 to 59 years and free from cardiovascular disease and cancer in 1980. Main outcome measure Relative risk of mortality during 24 years of follow-up in relation to five lifestyle ...

Prostate cancer progression and mortality: a review of ...

Over the years there has been constantly changing opinions on what is the healthiest diet plan. When I was in medical school, it was simply "eat three square meals per day" without defining a ...

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Focus on what you eat more than what you don't

Few studies relating multiple low-risk lifestyle factors to all-cause mortality have been conducted in the United States or have included substantial samples of racial/ethnic minorities. 22,24 Therefore, we examined the relationship between 4 lifestyle behaviors—never smoked, healthy diet, adequate physical activity, and moderate alcohol ...

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Vegetarian Diets Linked to Lower Mortality

Both high and low percentages of carbohydrate diets were associated with increased mortality, with minimal risk observed at 50-55% carbohydrate intake. Low carbohydrate dietary patterns favouring animal-derived protein and fat sources, from sources such as lamb, beef, pork, and chicken,

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